

Success Stories

The Newsletter Devoted to Building on Success & Focusing on the Opportunities Ahead

Volume 8 Wednesday, November 2 Free

Tobacco Intervention, Education and Support Program for Kittitas County

This was a program idea that was borrowed from Puyallup. We have high rates of tobacco use among our teens, especially spit tobacco. We wanted to offer the schools in Kittitas County an alternative to suspension for the youth that were caught using or in possession of tobacco. We wanted the schools to feel like they were taking a pro active approach in educating their youth and not just suspending them from school. We had some superintendent's state to us that they had chosen not to reprimand a student because having them in school using tobacco was better than the alternative of not having that child on school grounds throughout the day. For other students who were athletes coaches might look the other way because the sport was the only thing keeping the student in school and participating in classes; therefore suspending them for tobacco use wasn't an option. We wanted to give the staff more options so the TIES (Tobacco Intervention, Education and Support) program was born.

We took both the TIES program that was being done in Puyallup and also the TEG/TAP curriculum and modified them into a program that could be offered once a month in each school. There are five schools who participate in the program and all have committed to changing their school procedure on tobacco in their student hand books to be the TIES program.

This program was implemented into five schools in the fall of 2004 for the first time. Each school has agreed to participate again for the 2005-2006 academic year. Contracts and verbal communication are essential to ensure that coordination efforts exist within each Middle and High school and the district to provide a program that is free of cost and does not require staff time or large amounts of space.

Two college students from the Central Washington University and the Health Education program receive credit for being Tobacco Coordinators for one full school year. They teach the educational classes and cessation sessions of the program. They receive instruction from a CWU faculty member and have support through the health educator at the Kittitas County Health Department. They provided services in each school, once a month for two days a week.

The Educational Service District 105 pays each college student Coordinator a stipend of \$1,000 per quarter. Each Middle and High school communicated with the coordinators via e-mail. The coordinators had contact with disciplinary personnel at each school and had a mailbox to keep track of violations.

The total number of violations per school, per quarter for the 2004-2005 school year is listed below. We reached a total of 24 youth in the county

We plan to continue offering the program in the schools. Each school was satisfied with the results of last years' program. We are hoping to implement a school evaluation component this year for feedback to the program. We worked out several flaws in the program last year and are looking forward to a year that is more streamlined in the process.

In this issue:

Local tobacco program does Tobacco Intervention, Education and Support Programs

Tobacco Intervention, Education & Support Suggested calendar for schools

The tobacco coordinators will be working with each school for one week a month. They will be available to you and your staff on a daily basis via an email address that will be provided prior to the beginning of the 2005-2006 school year.

On each Monday the tobacco coordinators will check in with their designated school for the week by email or phone to see how many students will be in their class on the following Thursday. They will make contact with the disciplinary team at each school and will contact students as needed. All infractions for that month should be referred through the appropriate disciplinary person to the Tobacco education class and coordinators.

On each Thursday the tobacco coordinators will return to their designated school of the week and teach a one-hour tobacco education course. They will track attendance at this class and supply the disciplinary team with the attendance list. Each school will follow up with the students if the class is not completed.

During the Winter and Spring quarters the tobacco coordinators will teach a four-week tobacco cessation course. This course will be offered on Wednesdays. One course will be offered in Upper County and one will be offered in Lower County. The location of this course will be determined based on need. This course will be available for students who wish to self refer themselves to the class and will be in place for students who have multiple offenses and are completing the cessation course as a requirement of the Alternative to Suspension program.

We are hoping to have both tobacco coordinators at each school for the first quarter to get acquainted with staff and students. We may, after the first quarter, designate one tobacco coordinator to work with Upper County and one to work with Lower County. This is yet to be determined. Each coordinator would fill in for the other if emergencies or outstanding circumstances came into play.

January 2006

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 BHS & Morgan Middle School Contact and Check in	3	4 Cessation Session I 3 p.m.	5 BHS one hour TIES class 1pm Morgan one hour TIES class 4p.m.	6	7
8	9 Kinross High School contact and check in	10	11 Cessation Session II 3 p.m.	12 Kinross High School one hour TIES class 2 p.m.	13	14
15	16 CF Redden High School contact and check in	17	18 Cessation Session III 3 p.m.	19 CF Redden High School one hour TIES class 2 p.m.	20	21
22	23 Benton school contact & check in	24	25 Cessation Session IV 3 p.m.	26 Benton school one hour TIES class 2 p.m.	27	28
29	30 BHS & Morgan Middle School Contact and Check in	31				